

The Secret of a Great Meditation Practice: Mental Strength



with Gurucharan Singh Khalsa

Friday, April 26th
6:30-8:30 pm

So often we feel isolated.
We separate ourselves from one another and even from our self.
The Aquarian Age calls us to BE — being here, now, with.

In this workshop, through Kundalini yoga, meditation and the ancient yogic healing art of Sat Nam Rasayan™, we will work on being more in touch with ourselves, more accepting of ourselves, reducing the walls that separate, and enhance a sense of belonging.

Sat Nam Rasayan™ is an ancient yogic healing approach in which the healing happens through the consciousness. By allowing what is, in a deep contemplative space, blockages change/dissipate. When that happens, something shifts in the person being treated. And this works on the physical, mental, emotional, or spiritual levels.

*How will you become free? With a quiet mind
Come into that empty house - your heart -
And feel the joy of the way Beyond the world.
Look within - The rising and the falling.
Buddha*



The cost for this workshop is \$45.

Visit us online at www.yogasoul-center.com
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